



Ayurveda education in  
**WOMEN'S HEALTH**  
and wellness



TO REGISTER [CLICK HERE](#)

This program is for Ayurveda students or licensed Ayurveda practitioners. This programme is intended to provide supplementary education to the Ayurveda students and practitioners



**ACCREDITED BY ATAB**

# Objective

The objective of this course is to provide comprehensive and scientific understanding of the principles of Ayurveda to maintain the female reproductive health. The female health plays a key role in developing a healthy and happy progeny. The detailed understanding of the factors that affect the female body and the principles of treating these disorders scientifically with the wisdom of Ayurveda.



## Course Curriculum

### Core syllabus

#### Understanding & explanation according to Ayurveda and modern science

- The menstrual cycle
- Abnormal uterine bleeding
- Amenorrhea, Menorrhagia, Dysmenorrhea
- Low libido
- Does age affect fertility?
- Introduction of female infertility evaluation
- Causes and treatment of female infertility
- Diagnostic evaluation of female infertility
- Subclinical Hypothyroidism in the female infertility
- Smoking and infertility
- Obesity and complications in infertility
- Assessment and management of Polycystic Ovary Syndrome (PCOS)

- Role of metformin for ovulation induction in infertile patients with PCOS
- Myomas (fibroids) – symptomatic and asymptomatic
- Endometriosis
- Tubal block and fertility challenges
- Adhesions and fertility challenges
- Hydrosalpinx and fertility challenges
- Frequent miscarriage
- Anti-Mullerian hormone and fertility challenges
- Stress and fertility challenges
- The best method of contraception

# Outcome



✓ Increased Knowledge & Awareness

✓ Behavioural Changes

✓ Improved Health Outcomes

✓ Enhanced Reproductive Health

✓ Improved Health Literacy

✓ Intergenerational Impact



## Duration

- 15+ hours recorded educational sessions to watch and learn (downloadable teaching videos)
- 15 hours self-study / practice per week for 6 months –  
15\*4\*6=360 hours

## Includes

- 13 recorded teaching sessions of women's health and wellness
- Access to all recordings and all downloadable study material for 1 year from registration

## Eligibility

- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

## Mode of class

- Recorded videos – self paced.

## Evaluation method

After each session, online MCQ type assessment to be attempted within 1 year from registration



After successful completion of all assessments you will be able to download Certificate of Completion accredited by ATAB

To register click on ENROLL NOW on below given link



<https://education.ayushakti.com/courses/FemaleHealth-39603>

For any query or required assistance contact details:



[education.ayushakti.com](http://education.ayushakti.com)



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